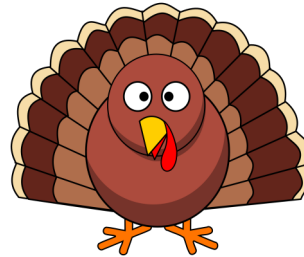


November 2021

Thanksgiving Tongue Twisters

Take these tongue twisters along to your Thanksgiving dinner and try them out while waiting for your meal. It's not singing for your supper, it's twisting for your turkey!



*Ten tricky two-toed turkeys trotted on table
Greedy gobblers grabbed the gravy.
Floyd flipped five fine flapjacks!
Six sick swans slurped soup slowly.
Chef chopped cheese chunks cheerfully.
Betty baked a better batch of buttered biscuits.
Eleven leaping lizards licked lovely lemon lollipops.*

November Happenings

Gratitude, Kindness, Joy and Compassionseems like things one should expect in our world. In November we are going to attempt to explore how to develop more of those qualities daily. From movies to discussions, this month we will learn about the joy of simple things like aprons and teddy bears, and the reflections of a world view on news and in folks all over.

1001 East Oregon Road
Lititz, PA 17543
LandisAdultDay.org
717-581-3975

Support Groups

Memory Loss Support Group

If you would like to receive the monthly newsletter, with helpful info about supporting someone with memory loss, send an email to ccarpenter@landis.org to be added to the mailing list.

No Longer Alone Family Support Group

Sunday, November 21

3:00-5:00 p.m. via Zoom

Call 717-381-3599 to RSVP

The monthly meetings provide a place for those who have a loved one living with mental illness to learn and share experiences.



JACKETS! COATS! JACKETS!

It's that time of the year again when the air is frisky in the morning and warm and cozy in the afternoon—making us forget we wore a jacket in the morning when we arrived at the Center! Please help the staff to keep the rightful owners with their jackets and coats by attaching a label with your full name inside your jackets and coats.

Thank You!

Rita Cox for the donation of Milano cookies and goldfish crackers.

Joel Hiestand for the donation of packets of Cheez-it crackers.

Frank Martin for the donation of chip snack bags.

Larrie Kreider for the yummy Maple donuts to celebrate his birthday.

John Wanger for the giant bag of small prizes and goodies.

Helen Diffenderfer for the wonderful cookies to celebrate her half birthday.

Tim Yoder for the donation of craft supplies to the center.

Goodbye

This month we say goodbye to Barbara Repp and Tom Rahn, they will be missed and we wish them the best of luck .

Happy Birthday!

Nov. 09 Joel Hiestand
Nov. 15 David Hayward
Nov. 21 Miriam Witmer
Nov. 25 Patricia Herr

Client Highlight: Frank Buonomo

Frank lives in Brownstown with his wife Marie and step-son. Frank has a son and two grandchildren that live in Johnstown. Frank is originally from Hackensack, New Jersey. He worked over 30 years at a packing corporation. He is an avid fan of the New York Giants and New York Knicks. In his younger years he used to enjoy fishing and going to the casinos. He loves all food Italian, especially raviolis and lasagna! You can always find Coca-Cola in his refrigerator. When asked what he enjoys the most about coming to the center, he replies EVERYTHING!!", with a big smile on his face! He enjoys getting out of the house and being around friends.



Staff Highlight: Rosanne Burkholder



Rosanne works behind the scenes at the center as our Administrative Assistant. She lives in Ephrata with her husband Larry and their house bunny, Freckles. Together they have four children and their youngest is currently in Spain teaching the English language.

Rosanne and her husband live in the home that her husband grew up in, an old stone house built in 1817. She enjoys spending time with her family, watching Penn State football and cheering for the Eagles and the Phillies. The thing that

makes her smile the most is eating out with her family.

Rosanne's favorite things about working in Adult Day Services are the wonderful staff and the delightful clients, they are all so special!

Blessing Jar



We would like your contribution to our Blessing Jar. We use the blessings before lunch, pulling out a prayer prior to being dismissed. Write your own short prayer of gratitude in the heart below, and add your name if you'd like. We will use these during the month of November, to help to nurture our spirit of thanks.

Prayer of Gratitude



EDEN WEST – WISH LIST

Are you looking for an alternative to bringing a food treat to celebrate a special occasion with the center? Consider a donation of any of these items!

We will still celebrate their special day and every one will benefit.

Small game prizes

Markers

Individually packaged treats

Sugar Free Candy

Adult coloring pages

Velvet coloring pages

White Card Stock

Trivia books

8 Tips for Fall Prevention at Home



Approximately 1 in 3 people age 65 and over fall each year increasing to 32-42% for those over 70 years of age. Falls are the number one reason that seniors end up in the emergency room and falls can lead to disability, loss of independence, or even premature death. In addition to the health impacts, there are high costs associated with falls - one fall can incur thousands of dollars of care for hospitalization and ongoing medical care, caregivers (including family members who provide care) and loss of work. Costs associated with falls are projected to increase to 240 billion by year 2040 in the U.S. Prevention is key - read below to find ways your loved one can avoid in-home falls.

1



IMPROVE LIGHTING

- Be sure entryways, hallways, and areas frequently navigated are well-lit.
- Position accessible on/off switches.
- Use nightlights, motion lights, clap lights, remote-controlled lights, & timed lights.

5



MINIMIZE CLUTTER

- Arrange belongings and furniture in a way that is easy to navigate.
- Clear out clutter and put unnecessary items into storage.
- Be sure paths are wide and clear.

2



RUGS & FLOORING

- Secure loose rugs to the floor, or remove all together.
- Install ramps or grab bars.
- Install non-skid strips or non-skid floor wax.
- Wear proper shoes, slippers, or grip-socks.

6



REGULAR CHECK-INS

- Schedule a friend, family member, or caregiver to call, text or visit regularly.
- Keep a regular schedule of visitors and caregiver check-ins to ensure safety.

3



SMART TECHNOLOGY

- Use sensors that can be worn and pressed to alert emergency contacts.
- Use smart home (verbal audio) assistants.
- Use fall-detectors that utilize technology to help seniors if they fall.

7



PETS & VISITORS

- Secure pets in a designated area.
- Put a bell on the pet's collar to help be aware of location when active.
- Use a play pen or designated area for young grandchildren.

4



BATHROOM

- Add grab bars near the toilet and in the shower.
- Use non-slip mats and rugs in and outside of the tub.
- Zero-entry tubs can be installed to ease tub entry.
- Shower seats can prevent falls.
- A tall toilet seat increases stability.

8



ACCESSIBILITY

- Move items off high shelves & into more accessible locations.
- Arrange belongings into one central area.
- Maintain clear walkways.
- Consider rearranging items & changing furniture layouts.

REFERENCES: <https://www.nia.nih.gov/health/prevent-falls-and-fractures>
http://www.cvhe.intelligence/publications/Falls_prevention7March.pdf?ua=1
<https://www.senioradvice.com/articles/how-to-make-a-home-safe-for-seniors>
<https://www.senioradvice.com/blog/generals/fall-safety-seniors-elderly-adults-need-know/>

by Yvonne M. Feldman

 SeniorAdvice